

## Breakfast

### Entrees

Scrambled Eggs  
Scrambled Egg Substitute  
Hard Cooked Egg  
Omelet to Order  
(Cheese, Ham, Mushrooms, Peppers, Onions)

Breakfast Sandwich with Egg on English Muffin, Bagel (Variations: Ham, Sausage Patty, Bacon)

Pancakes (Syrup, Diet Syrup)  
French Toast (Syrup, Diet Syrup)

### Cereals

Oatmeal (Brown Sugar, Raisins)  
Cream of Wheat®

Corn Flakes®  
Rice Krispies®  
Frosted Flakes®  
Fruit Loops®  
Cheerios®  
Shredded Wheat  
Raisin Bran  
Bran Flakes

### On the Side

Bacon Strips  
Sausage Links  
Home Fries



### Bakery

Bagel  
Cinnamon-Raisin Bagel  
English Muffin  
Cinnamon Coffee Cake

Muffin  
Blueberry Muffin  
Bran Muffin

### Fruit

Banana  
Apple  
Orange  
Seasonal Fruit Cup  
Sliced Peaches  
Pear Halves  
Applesauce  
Fruit Cocktail

### Yogurt

Strawberry Yogurt  
Lemon Yogurt  
Vanilla Yogurt

## Liquid Diets

### Clear Liquids

Chicken Broth  
Beef Broth  
Vegetable Broth

Cranberry Juice  
Apple Juice  
Grape Juice

Sierra Mist®  
Gingerale

Popsicle  
Water Ice (Lemon, Orange)  
Jello® (Assorted Flavors)  
Sugar Free Gelatin

Coffee  
Decaf Coffee  
Tea  
Decaf Tea  
Iced Tea  
Decaf Iced Tea

Sugar  
Splenda®  
Equal®  
Lemon Wedge

### Full Liquids

All of the Clear Liquid Items, Plus the Following:

Tomato Soup

Cream of Wheat®

Orange Juice  
Tomato Juice

Pepsi®  
Diet Pepsi®  
Lemonade

Vanilla Yogurt  
Pudding (Vanilla, Chocolate)  
Ice Cream (Vanilla, Chocolate)  
Sherbet (Raspberry, Orange)

Whole Milk  
2% Milk  
Fat Free Milk  
1% Chocolate Milk

Hot Chocolate  
Sugar Free Hot Chocolate

**UnitedHealth Services**

*If your doctor has prescribed a modified diet, some items may not be allowed.*

To order: Dial 6325 (MEAL) or 763.6325 (From the Outside)



**AT YOUR REQUEST**  
Room Service Dining®

United Health Services is pleased to offer At Your Request-*Room Service Dining*®.

This menu is designed to offer you variety and flexibility. Your meals are freshly prepared and meet your specific diet needs. They will be delivered to you approximately one hour after your call, or later if preferred.

**You can call for your meals anytime between:**  
6:45am – 6:15pm

If you are admitted after 6:15pm, please ask your nurse what alternative menu selections are available.

Ask the diet assistant on the phone for additional menu items that may be available.

Kosher meals are available upon request.

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To order: Dial 6325 (MEAL) or 763.6325 (From the Outside)

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## Sandwiches, Salads, Soups

### Deli Bar

#### Create Your Own Sandwich or Wrap

Turkey Breast  
Roast Beef  
Ham  
Tuna Salad  
Chicken Salad  
Egg Salad  
Peanut Butter and Jelly

#### Breads

White  
Wheat  
Marble Rye  
Croissant  
Hard Roll  
Soft Tortilla

### Entree Salads

Chef Salad  
Chicken Caesar Salad  
Fresh Fruit and Cottage Cheese Plate

### Side Salads

Tossed Garden Salad  
Pasta Salad  
Low Fat Cottage Cheese  
Cole Slaw

### Soups

Chicken Noodle  
Cream of Tomato  
Garden Vegetable  
Chicken Broth  
Beef Broth  
Vegetable Broth

#### Cheeses

American  
Swiss  
Provolone  
Low Fat Cheese

#### Additions

Lettuce  
Tomato  
Onions  
Dill Pickle  
Potato Chips  
Pretzels

#### Dressings

Italian  
French  
Ranch  
Caesar  
Bleu Cheese  
Oil and Vinegar  
Diet Italian  
Diet French

#### Breads and Crackers

Dinner Roll  
Garlic Bread Stick  
Oyster Crackers  
Saltines  
Low Salt Crackers



## Main Fare

### Entrees

Roast Turkey and Gravy  
Herb Baked Chicken Breast  
Chicken Stir Fry over Rice  
Chicken Tenders  
Beef Tips with Mushrooms  
Meatloaf with Gravy  
Baked Fish  
Macaroni and Cheese  
Pierogies  
Vegetarian Stir Fry over Rice

### From the Grill

Chicken Spiedie  
Grilled Chicken Breast on a Hard Roll  
Meatball Sub  
Hamburger on a Bun  
Cheeseburger on a Bun  
Hot Dog on a Bun  
Fish Sandwich on a Bun  
Bacon, Lettuce and Tomato  
Grilled Cheese Sandwich  
*(Variations: Tomato, Ham, Bacon)*  
Vegetarian Burger on a Bun



## Desserts

Chocolate Layer Cake  
Lemon Meringue Pie  
Apple Crisp  
Chocolate Brownie  
Cookies *(Chocolate Chip, Sugar, Oatmeal Raisin)*  
Angel Food Cake  
Ice Cream *(Vanilla, Chocolate)*

### Personal Pizza

Create Your Own  
Mushrooms  
Peppers  
Onions  
Pepperoni  
Sausage

### Pasta Bar

Mix and Match  
Spaghetti  
Ziti  
Fettuccini

### Meat Sauce

Meatballs  
Marinara  
Alfredo Sauce

### On the Side

Whipped Potatoes  
Rice  
Egg Noodles  
Steak Fries  
  
Green Beans  
Carrots  
Corn  
Broccoli  
Zucchini  
Whipped Squash

Sundae Cup *(Chocolate, Strawberry)*  
Sherbet *(Raspberry, Orange)*  
Water Ice *(Lemon, Orange)*  
Jello® *(Assorted Flavors)*  
Sugar Free Gelatin  
Pudding *(Vanilla, Chocolate, Tapioca)*

## Beverages & Condiments

### Hot Beverages

Coffee  
Decaf Coffee  
Tea  
Decaf Tea  
Hot Chocolate  
Sugar Free  
Hot Chocolate

### Cold Beverages

Orange Juice  
Cranberry Juice  
Apple Juice  
Prune Juice  
Tomato Juice  
  
Whole Milk 8oz 4oz  
2% Milk 8oz 4oz  
Fat Free Milk 8oz 4oz  
1% Choc Milk 8oz 4oz  
Lactaid Milk 8oz 4oz  
  
Pepsi®  
Diet Pepsi®  
Sierra Mist®  
Lemonade  
Iced Tea



### Condiments

Salt  
Pepper  
Herb Seasoning  
Sugar  
Splenda®  
Equal®  
Half & Half  
Non-Dairy Creamer  
Lemon Wedge  
Honey  
Sour Cream  
Non Fat Sour Cream  
Strawberry Jam  
Grape Jelly  
Diet Jelly  
Peanut Butter  
Butter  
Margarine  
Cream Cheese  
Fat Free Cream Cheese  
Ketchup  
Mustard  
Honey Mustard  
BBQ Sauce  
Mayonnaise  
Fat Free Mayonnaise  
Relish  
Tartar Sauce  
Cranberry Sauce  
Soy Sauce  
Parmesan Cheese

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